

REBECCA KRAEMER, LMT, NCTMB
Yoga Instructor, Serenity Yoga



Rebecca fell in love with Yoga as a teenager and has found strength, flexibility and peace through her daily practice. She has had the privilege of studying several styles of Yoga including, but not limited to, Hatha, Vinyasa, Ashtanga, Anusara and Kundalini. As a teacher, she combines these styles to create a healing practice that suits all body types and skill levels. In addition to Yoga, Rebecca has studied Muscular Therapy along with several other bodywork modalities and she currently owns Innovative Bodywork & Yoga in Winchester, MA. As a Massage Therapist and Bodyworker, Rebecca is fascinated with anatomy and kinesiology and she brings that love to the mat while safely exploring the limits of the body and mind. She believes Yoga is a fantastic outlet to increase flexibility and strength while calming and focusing the mind through movement and breath. Her practices are free-flowing and anything but rigid. To practice Yoga is to accept how it feels in your body each day, to explore the difference and to gently challenge yourself to evolve further.